What is claimed is:

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- 1. A lock adapted to be carried by a female member of a fastening mechanism, wherein said female member is adapted to be releasably engaged with at least one male member of said fastening mechanism, said male member having at least two arm members which are movable relative to each other, wherein said lock is movable relative to said female member between a first position in which, when said male and female members are engaged with each other, relative movement between said two arm members is allowed, and a second position in which, when said male and female members are engaged with each other, relative movement between said two arm members is denied.
- 2. A lock according to Claim 1 wherein when said male member is engaged with said second member, and when said lock is in said first position, said male and female members are releasable from each other.
- 3. A lock according to Claim 1 wherein when said male member is engaged with said second member, and when said lock is in said second position, said male and female members are locked against movement relative to each other.
 - 4. A lock according to Claim 3 when said lock is in said second position, said male and female members are un-engageable with each other.
- 5. A lock according to Claim 1 wherein said lock is engageable with said female member in a first orientation wherein a longitudinal axis of said lock is substantially perpendicular to a longitudinal axis of said female member.
 - 6. A lock according to Claim 5 wherein when said lock is engaged with said female member in said first orientation, said arm members of said male member are engageable with a first locking part of said lock.
- 7. A lock according to Claim 6 wherein said first locking part is in the shape of a substantially circular plate with a recess.
 - 8. A lock according to Claim 1 wherein said lock is engageable with said female member in a second orientation wherein a longitudinal axis of said lock is substantially parallel to a longitudinal axis of said female member.
- 30 9. A lock according to Claim 8 wherein when said lock is engaged with said female member in said second orientation, said arm members of said male member are engageable with a second locking part of said lock.

- 10. A lock according to Claim 9 wherein said second locking part includes at least two separate curved members.
- 11. A lock according to Claim 1 wherein said lock is engageable with said female member in a third orientation wherein a longitudinal axis of said lock is substantially perpendicular to a longitudinal axis of said female member, and is substantially perpendicular to the longitudinal axis of said lock when in said first orientation.

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- 12. A lock according to Claim 11 wherein when said lock is engaged with said female member in said third orientation, said arm members of said male member are engageable with a third locking part of said lock.
- 13. A lock according to Claim 1, further including an indicator for indicating the relative position between said lock and said female member.
- 14. A lock according to Claim 13 wherein said indicator is movable relative to a body of said lock.
- 15. A female member for a fastening mechanism, said female member including at least one lock according to any of the preceding claims.
 - 16. A female member for a fastening mechanism, said female member including a lock according to Claim 13, wherein said indicator is marked with at least a first and a second position marker, wherein when said first position marker is adjacent to a pre-determined position of said female member, relative movement between said two arm members is allowed, and when said second position marker is adjacent to said pre-determined position of said female member, relative movement between said two arm members is denied.
 - 17. A female member according to Claim 15, further including a plurality of said locks.
 - 18. A female member according to Claim 17 wherein the longitudinal axes of said plurality of locks are substantially parallel to each other.
 - 19. A female member according to Claim 17 wherein the longitudinal axes of said plurality of locks substantially coincide with each other.
- 30 20. A female member according to Claim 15 wherein said lock is rotatable relative to said female member.
 - 21. A female member according to Claim 15 wherein said female member is

- releasably engageable with at least two male members.
- 22. A fastening mechanism including a male member and a female member which are releasably engageable with each other, wherein said female member includes at least one lock according to any one of Claims 1 to 14.
- 5 23. A fastening mechanism according to Claim 22 wherein said female member includes a plurality of said locks.